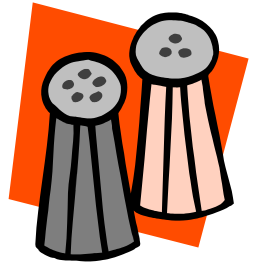


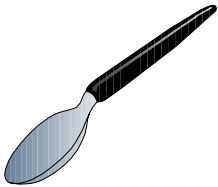
# SODIUM



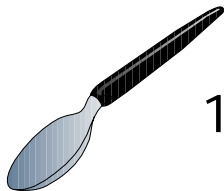
## *What is Sodium?*

It is a mineral and an essential nutrient.  
Table Salt is the most common form.  
It is about 40% sodium.

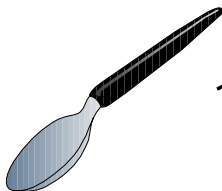
What is the link between Salt and Sodium?



1/4 teaspoon of salt has 500 mg sodium



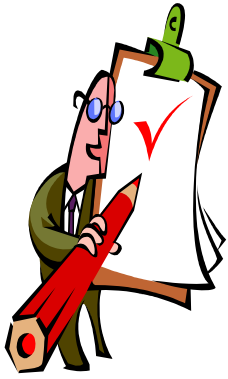
1/2 teaspoon of salt has 1000 mg sodium



1 teaspoon of salt has 2000 mg sodium

*The minimum daily requirement for sodium is 500 mg,  
most Americans consume far more than this each day.*

**MOVE!**



# How Much Sodium is Enough?

People in the United States generally consume about 4600-5000 mg of sodium each day. This equals about 2 teaspoons or 11 grams of salt.



10% from natural sodium content of foods



15% from salt added during cooking



75% from sodium added during processing and manufacturing

Salt and sugar are the two most common and most used food preservatives and flavor enhancers in the food industry.



**When following a reduced sodium diet:**



Look for foods with less than 300 mg of sodium per serving.  
Read your food label to determine sodium content per serving.  
For a meal stay under 800 mg of sodium.  
Daily intake should be less than 2400 mg of sodium.

